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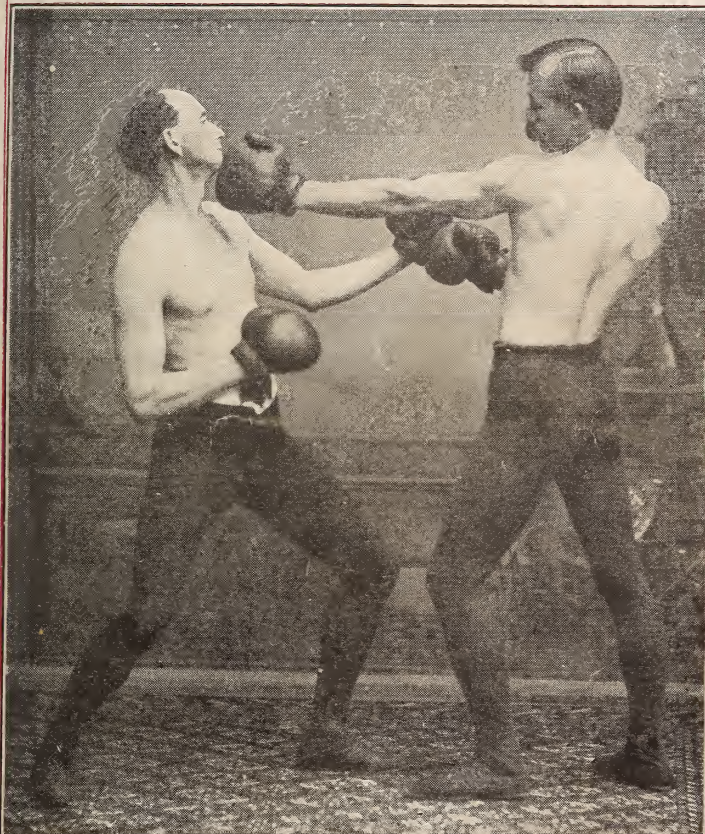
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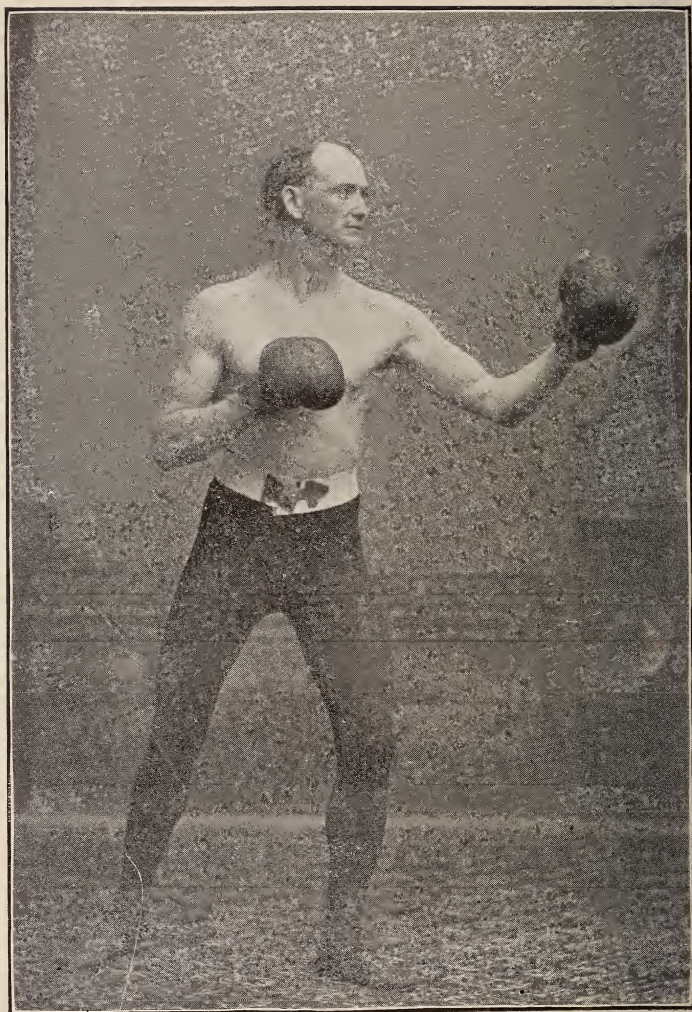
HOW to BOX

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BOXING FOR SKILL AND HEALTH

BY

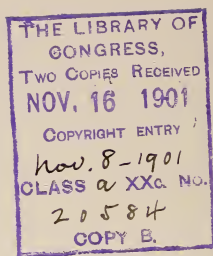
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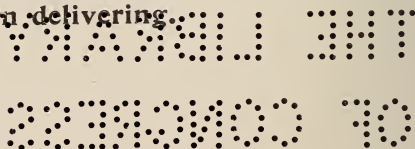
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EACH one of the blows illustrated must be diligently practised.

Secure an opponent about your equal and take turns in giving and receiving the blows. Practice each one from twenty-five to fifty times. Never start in by boxing roughly without science. Confine your practice to the various blows until you can use them in regular sparring, and even then refrain from using blows you have not become proficient in delivering.



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INTRODUCTION.

Among the diversions, and sports of nations, boxing, in one form or another, plays an important part. It dates back to ancient times, and had its admirers and votaries when wrestling, running, discus throwing, etc., were making of the Grecian people the strongest, most beautiful and brilliant people of all time. It has suffered many vicissitudes, falling into comparative obscurity during the Middle Ages, with its cavaliers, swords and lances, and more dangerous physical contests than fisticuffs.

The first stimulus it received in modern times was from the prize fighting gentry. These fellows were strong, but vulgar, and their fights had to be pulled off in secret; until literary men got to writing about the manly art, and modern opinion modified the bare knuckles fight, with

its bloody and bruised flesh, to the glove contest with its display of skill and gentlemanly bearing. The race of fistic champions that has marched into public view in the last quarter of a century were probably not heroes worthy of worship, but their deeds awoke an interest in the art that brought forth thousands of amateur boxers all over the country, and stimulated the athletic craze which has been bearing such fine fruit in our colleges and gymnasiums.

Along with the knowledge that exercise promotes health, strengthens the body, and makes life more enjoyable, came the demonstration that boxing—friendly boxing—was not only a great sport, but one of the most invigorating and valuable exercises as well. It is a well established fact that it develops general muscular strength, agility, promotes circulation, aids digestion, trains the eye, quickens the brain, gives one self confidence, and demonstrates the value of self control.

With all these things in its favor, boxing can no longer be looked upon as something not to be desired in a gentleman's training. Indeed, now it is a quite important item in it. You will

find a boxing instructor in the gymnasium of every college and athletic club in the country, whose duties are solely to teach the art of hitting and defense. And learning this does not make a man coarse or brutal. On the other hand, it makes him more manly, more apt to avoid trouble. Observation will show you that men who are evenly developed, who know and control their powers, are inclined to be exceedingly good natured. Their development has made them companionable instead of increasing the brutal attributes of their nature.

It is not my purpose to go into the history of boxing, or to write a long essay on the advantages of the exercise. I will leave that to speak for itself.

You know that usually, in the hands of an instructor, it requires a long course of lessons to become proficient in the art, and these are usually expensive. The aim of this little volume is to supply clear directions, with ample illustration, of all the phases of the art, whereby any one may, with the aid of a little practise with a companion, become a proficient boxer. We recommend the course for the diversion that will

be obtained from it, for the benefit to your strength and health that will follow, and for the lessons in self control that it will inculcate. You may never desire, nor ever have the occasion, to put your hands up in a contest with your fellow man, in which other than friendly rivalry plays a part; but none the less you want to know how to apply this highly interesting physical art.

Readers of history are familiar with the tragic scenes that were sometimes enacted in the Roman amphitheaters, when rival boxers came together under the conditions that prevailed then, while the despots were seeking the thrill of excitement produced by the strenuous efforts, or sufferings of others. Many and many a time, with the hand strengthened by thick leather coverings, sometimes reinforced by iron bands, those old gladiatorial boxers furnished bloody spectacles that would have blanched the cheek of the most ardent follower of prize fighting as it is conducted to-day.

It was not unusual then for one or both antagonists to receive fatal injuries. The gleaves were worn oftener than gloves, and with these a powerful man could easily kill an opponent at a

blow. Under these circumstances it may be readily imagined that the art of "self-defense" was more elaborate than it is now, especially when we bear in mind that contests sometimes lasted for hours. One could not take chances of allowing a blow to land, when an opponent's hand was encased in an envelop of metal and leather that made it as formidable as a savage's war club. The rules of boxing as they maintain to-day would have been worth but little to one of those strenuous boxers. An opening then usually meant death, and boxing, naturally, was not so much of a give and take game as it is to-day; it was more of a wary, waiting and watching for an opportunity to inflict injury. When one calls to mind the brutal, bloody scenes which culminated the boxing contests of the gladiatorial period, he does not wonder that during the ages of clerical supremacy, and long afterward that the sport was considered low and degrading. The entire history of the art has to be remade; a new system of boxing devised, a new science created to fit in with modern thought and conditions.

This new history has been written, the new

science evolved and boxing occupies the place in physical culture to-day among the masses of America that wrestling did in the great days of Grecian history. It is the exercise most generally taught in the athletic organizations, gymnasiums, etc., and the one that the leading men who go in for any sort of athletic training generally take most interest in, because of the spirit of gentle rivalry that it engenders, and the stimulating effects that are sure to attend any spirited contest with an opponent. Fighting certainly belongs to the lower orders of society to-day as it always has done, but sparring is quite as much of a gentlemanly accomplishment as fencing, and one that is calculated to be more useful. Fencing is a relic of the days of the duello, which is popular now, simply because of the physical development it promotes, and the benefit to the health that follows its practise. Boxing requires a little more brawn, quite as quick mental work, and gives its votaries quite as much development.

Savage nations have never been renowned as boxers. Perhaps this is due to the fact that they are not schooled to control their tempers as well

as their civilized brethren, and any contest that brought two individuals into personal rivalry was apt to lead to serious results. Indians, South Sea Islanders, natives of Africa, and our own Indians, had their diversions and games. They ran races, threw javelins, jumped, swam, etc., etc. But they never boxed. This fact is significant. The very fact that boxing is to-day so popular, and that contests prevail wherever two or three lovers of physical development get together, either in colleges, gymnasiums, or athletic clubs, argues for the good effects of civilization combined with physical training, in producing self-control.

DON'TS.

There are several don'ts to be observed by the aspirant for proficiency in boxing, especially those of juvenile years.

You must never forget that you are striving to benefit yourself by becoming proficient in this art, and you can obtain no benefits to boast of if you ever permit yourself to fight for the sake of demonstrating your prowess, nor to enforce your claims to bullydom.

Don't take it up, if you are inspired with the idea that you will become a physical bully by means of it. No man with the bully instinct in him will ever become a good boxer. A slugger he may be, but the fine points of the art, the cool, nice head work will be entirely beyond him, and in any contests with an opponent anywhere near his physical equal he is sure to come off second best.

Don't think that you will acquire proficiency

in a few days. It requires the quickest dexterity not of a few muscles, but of all the muscles of the body, to be a first-class boxer, and this can only be obtained by long and careful training of your body. Learning to box will itself give you some training in this direction, but you will have to devote a little time daily to the building up of your physical powers for a long time if you are a novice before you can give and take the punishment of the padded gloves, easily and without distress.

In the beginning the would-be boxer suffers more distress from deficient lung power than from any punishment his opponent inflicts. Very few men or boys who have not devoted time to systematic body building can spar three rounds of three minutes each, without being badly winded, and in a condition to offer very little or any defence against attack.

A few minutes a day devoted to spirited bouts will quickly develop staying power, which in other words means simply increased lung power. It may be greatly strengthened by practising deep breathing, as advised on another page, and taking short daily runs in the open air.

Don't tax your powers beyond a safe limit at the start. Never keep up the strenuous pose necessary in boxing, when your lung and nervous powers begin to signal exhaustion. Stop when you begin to feel like giving out, and wait until thoroughly rested. Ability to keep it up for several rounds will come with a little persistent and regular practise.

Don't get an idea in your head that you know all about it after a little practise, and when you have been able to best one opponent. Remember that sparring is a head game as well as one of the muscles, and that if you are not always alert, and in a condition to exercise all your mental powers, some one will get the best of you, will outgeneral you in working for an opening.

Good wind, good digestion, good eyesight and good temper are essentials in the make-up of a first-class amateur boxer.

You will find it requires study and perseverance to become proficient in any branch of business, a profession, or anything else in life; so apply the same rule to boxing. Study carefully each movement of both your opponent and

self, and note the progress you are making. And each time you don the gloves you will have something in mind and know what to do.

No one can learn to box by constantly boxing with the same person; always be ready to put the gloves on with any one you may meet, but have it understood it is to be a friendly bout for points and exercise. Where you have a friend or acquaintance who is interested and wants to learn, you can easily practise and study all the different leads, guards, steps, ducks, etc., etc. Try each time you make a lead to land quicker and with more force. Avoid swinging at random, and try to and deliver your blows straight from the shoulder, backing them up with the weight of the body and a little determination "to get there."

A novice must be very careful in trying to land a swing and should not attempt it until he has gained knowledge both in judging distance, quickness and reach of his opponent. As you are very apt to injure your hand or wrist, and at the same time should you fail to land or your adversary duck the blow, you will be out of position and at his mercy.

Always keep cool, and though you are getting more blows than you can give, don't for one moment get confused and want to take the gloves off or show your temper by getting angry; then is just the time to study the different ways of defence and how to land effective blows.

Always keep your eyes open, and constantly on your opponent's eye. This to a beginner will be hard to do, but it must be done, as it is one of the most important features in boxing. The eyes and the feet do equal turns with the hands. Avoid landing a blow unless you can land it properly.

In starting to box always try and land the first blow. Try and make your opponent lead first, but do not let him land. By his leading first and your avoiding his blow will give you some idea of his reach and quickness; you will immediately gain confidence by landing the first blow and in part discourage your opponent and cause him to keep on the defence; at least for a time, it will confuse him, giving you time to study his general manner as a boxer and size up his position, etc., etc.

Always keep watch for two things: opponent's right when you lead with left and a weak place in his guard. The right hand may prove dangerous for you, and his weak spot may prove dangerous for your opponent.

Never use the right to lead, always the left; lead with right hand in countering or after a left lead, as you cannot well reach your opponent with right unless well in or by shifting or turning the upper body.

In delivering a blow with the left hand, the palm should always be turned down as the blow lands, both in landing on the head or body; otherwise you may injure the hand or wrist. By turning the hand or palm down the bones of the hand, wrist and arm, articulate in the joints properly, and the strain is equal on each bone and joint, according to its respective place, and the knuckle surface of the glove will land square.

The right hand should always be delivered with the palm turned towards the body or turned in, as the position of the arm requires. With the forearm across the body, to turn the palm down would tend to cross or twist certain

muscles of the arm, and cause a strain on the muscles, and at the same time the bones would not articulate properly.

Practice the different ways of landing a blow on the striking bag or against some movable object that will give with your blow.

No level-headed person will lose his temper when knowing he must be hit in order to learn boxing. The moment one loses his temper the best thing to do is to stop right then and there and remove the gloves, for he is in far greater danger to himself than his adversary, as he tends to set aside all rules of gentlemanly boxing and resort to wild swings and slugging.

Learn to take a blow so as to give one in return a little better. You can easily do this by letting your body sway slightly backward as your opponent makes a lead and not lose your position take the blow, which will have but little effect, and before he can fully recover make a straight lead, inclining the body forward.

Avoid hitting about the mouth, nose or eyes. You will find plenty of room for blows that will count in boxing without leaving a mark or exciting anger.

You will find a blow on the nose or mouth is very apt to start the blood and at the same time arouse a little hard feeling. A blow near the eye will discolor it, leave a mark for some time, and is very apt to cause you to shorten the bout. Sides of the face, neck, forehead, chest, abdomen and sides of the body will give you plenty of target practice without leaving marks or causing anger.

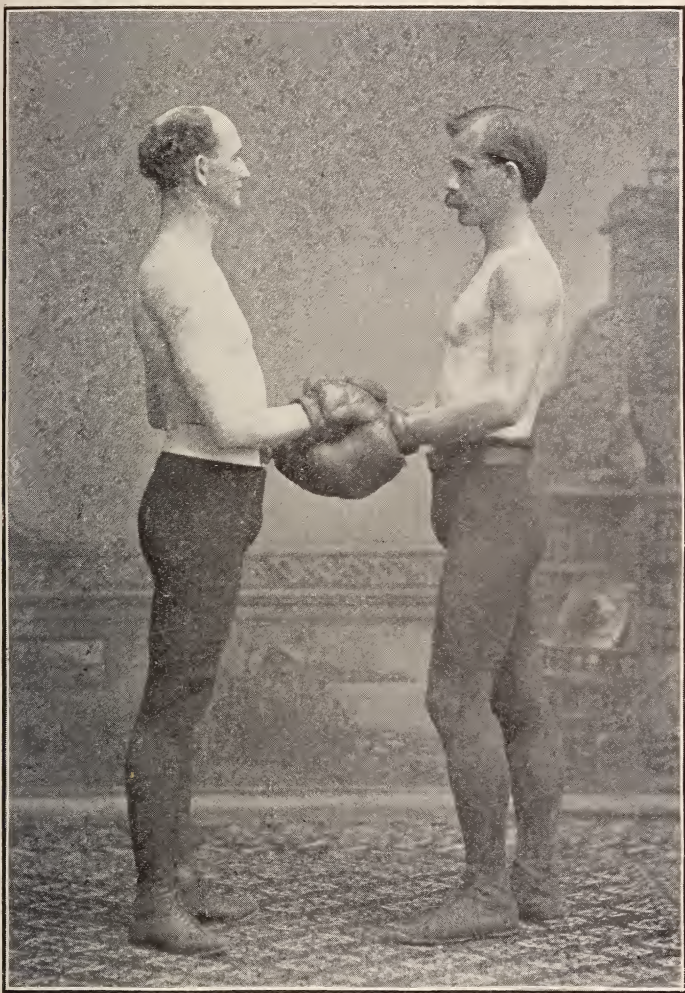
Don't slap or use the inside of the hand; avoid tapping or snapping the glove, but let the blow be landed with the hand clinched, firmly using only the back of the glove to strike, keeping the hand open until you start to land the blow, then clinch the hand firmly; by so doing you keep the hands rested and at the same time as you clinch the hand it puts life and force into your blows.

Make up your mind to land a blow on some certain point and keep at it until you land. It will tend to give you better judgment of distance, quickens your blows, and makes you more determined in your work.

I never took a boxing lesson in my life, but can truthfully say I have taken many a hard blow in order to learn, being fond of the sport as a health-giving exercise.

To become a good, strong boxer, one must pay attention to health and care of the body. I found in order to box well I needed staying power and good wind, activity of the muscles, quickness of thought, determination and control of temper. Each of which was made a careful study. Deep breathing, always through the nostrils, exhaling with force through the mouth, at intervals taking a long, deep breath and holding it for a moment, at the same time raising the chest, drawing the shoulders back, the stomach in, exhaling slowly through the mouth. (By this exercise with walking and running my expansion was increased from three to seven inches in one year.) Flexing the muscles, which is contracting them by concentrating the mind on any one part or set of the muscles, and at the same time studying their location and action, seeing just what each muscle did in performing a certain movement or duty. Taking regular exercise daily and noting the change in my general improvement and development, which at first seemed slow, but in time was most encouraging.

Striking bags of all kinds and makes are to be had at very reasonable prices. You can get a



Shake hands.

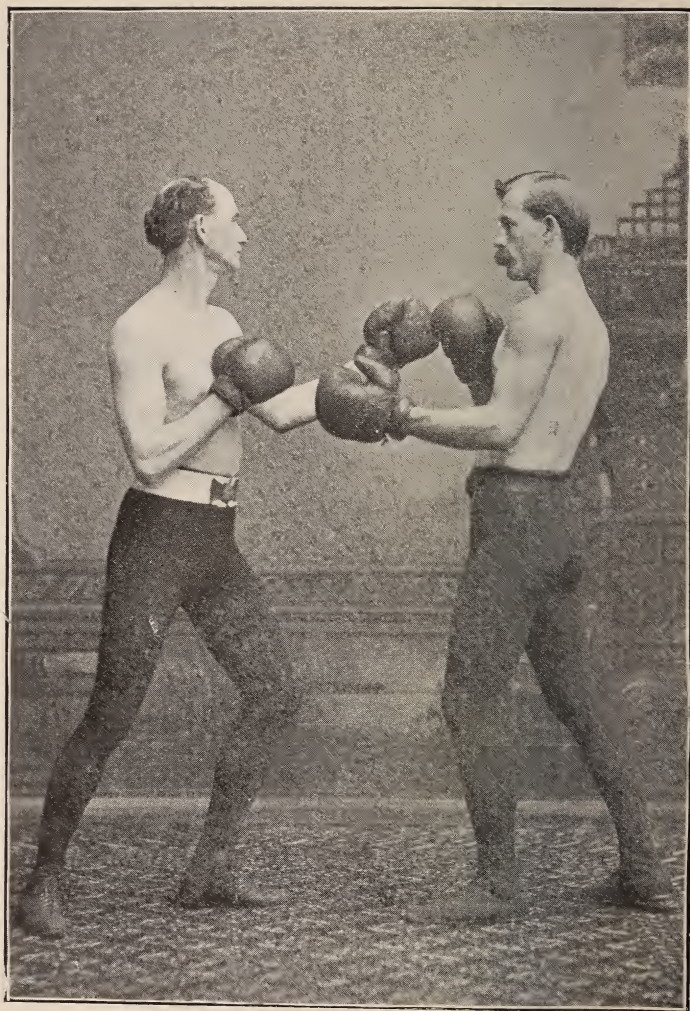
bag and use it in your own room without disturbing any in the house. By spending from twenty to thirty minutes a day morning and evening you gain the benefit of exercising and can soon learn to deliver quick and accurate blows, and at the same time strengthen your hands, wrist, arms and shoulders.

Hands held high over head, arms straight then swung down rapidly, crossing in front of the chest, at the same time holding the breath with the lungs filled will add greatly to your endurance and staying powers. Standing erect with legs straight, rise on toes and spring upward, landing on the toes, alternate by landing first on right then on left will strengthen the ankle, calf or lower leg. Sinking to the floor, body straight, bending only the knee, will develop the upper leg or thigh.

All these simple exercises or movements can be easily practised in your own room, and being combined with boxing will greatly improve your general health and condition.

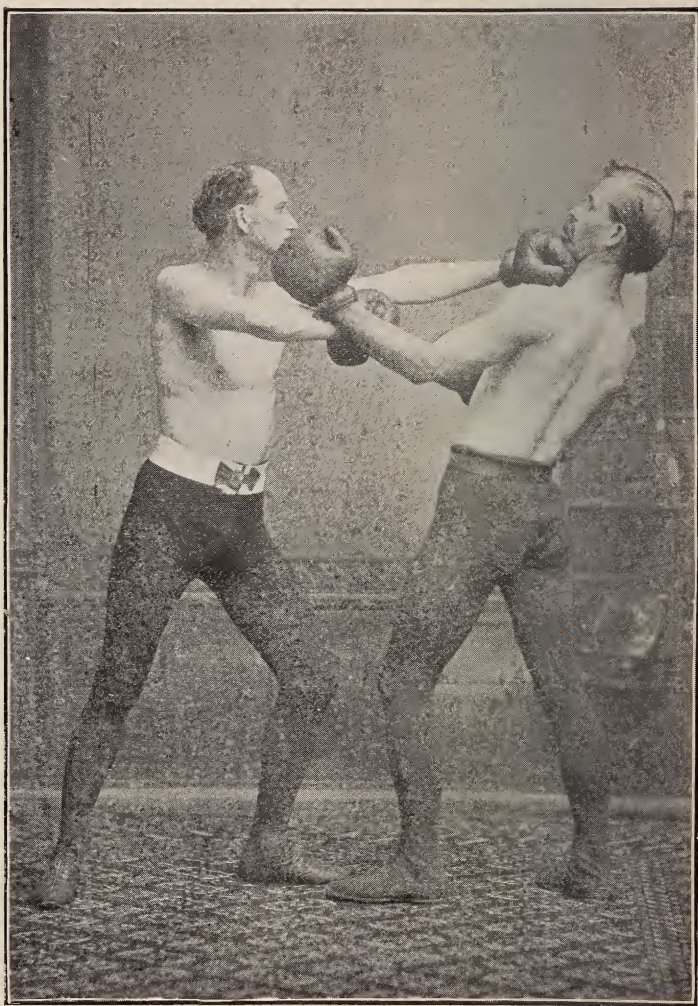
POSITION.

Each boxer has his own style as to position; that is to say, the height or location of his left hand and arm, whether he stands erect, inclines forward, leans backward, or crouches. A good position for a beginner to start with is: After shaking hands step back with the right foot about eighteen or twenty inches, according to height. Left arm extended, hand on line with chin, elbow bent, palm turned in, right forearm across upper part of body, hand on left breast, palm turned down. Left shoulder turned forward, chin drawn down toward left shoulder, body inclined slightly forward but straight; the right leg almost straight, the left knee bent well forward. Feet almost at right angles; weight of the body on the balls of the feet. Keep mouth closed, lips drawn tightly over the teeth; breathe through the nostrils. It is well to keep the lungs partly filled. The shoulders, arms, and in fact



Position ready to box.

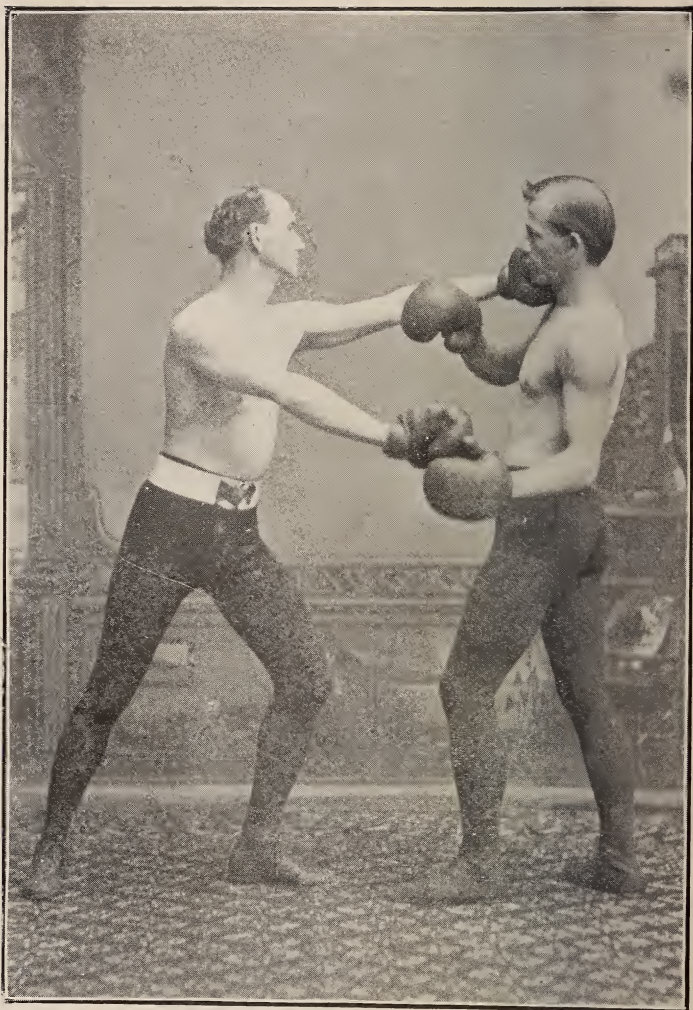
all parts of the body must feel perfectly free. Do not hold the body rigid, but perfectly relaxed, though always ready. By keeping the body rigid or the muscles contracted your movements will be slow and strength soon exhausted. Never stand still, always be moving about and in motion, feinting and making believe you are going to make a lead or land a blow, so as to keep your opponent confused and constantly expecting something.



Left lead blocked, with right landing straight left, to chin.

**Left Lead Blocked, with Right Landing Straight,
Left to Chin.**

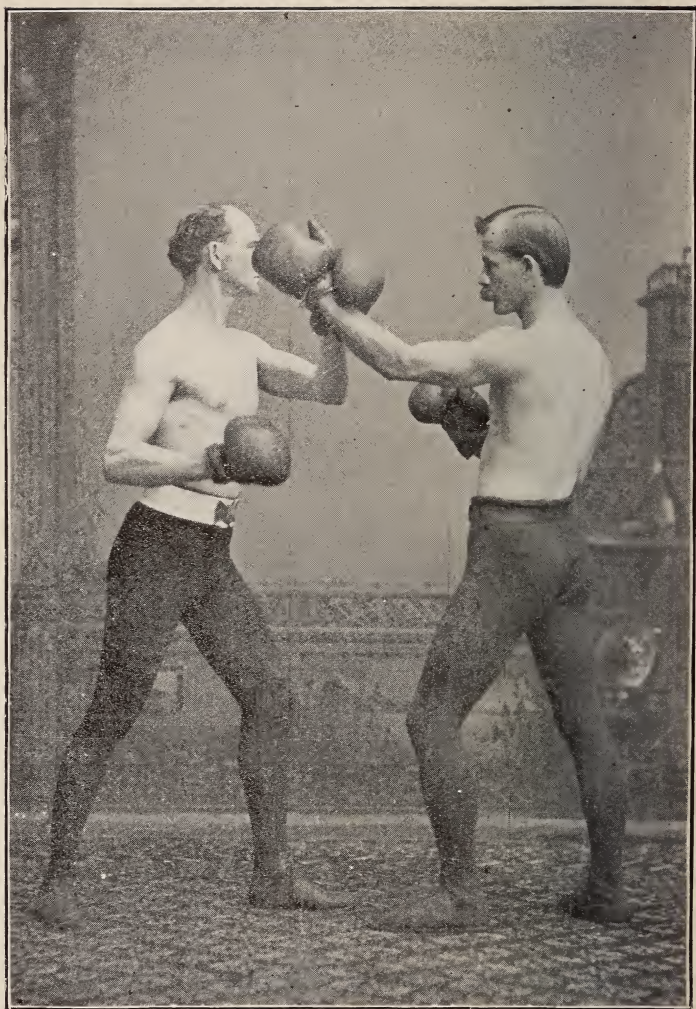
After squaring off ready to box, make a feint—that is, make believe you are going to deliver a blow with left hand. This is done by a quick jerk of the arms, raising the elbows and slightly extending either hand, first one, then the other—left preferred—as you are more apt to use the left quicker, and it is safer to keep the right near the body as a guard. This will tend to make opponent strike out, or throw up his guard for protection. As opponent leads left, block it with right and let go the left for chin, which will make a clean lead, and land.



Straight left lead landing on side of head over right guard, blocking left
with right.

**Straight Left Lead, Landing on Side of Head
Over Right Guard, Blocking Left with Right.**

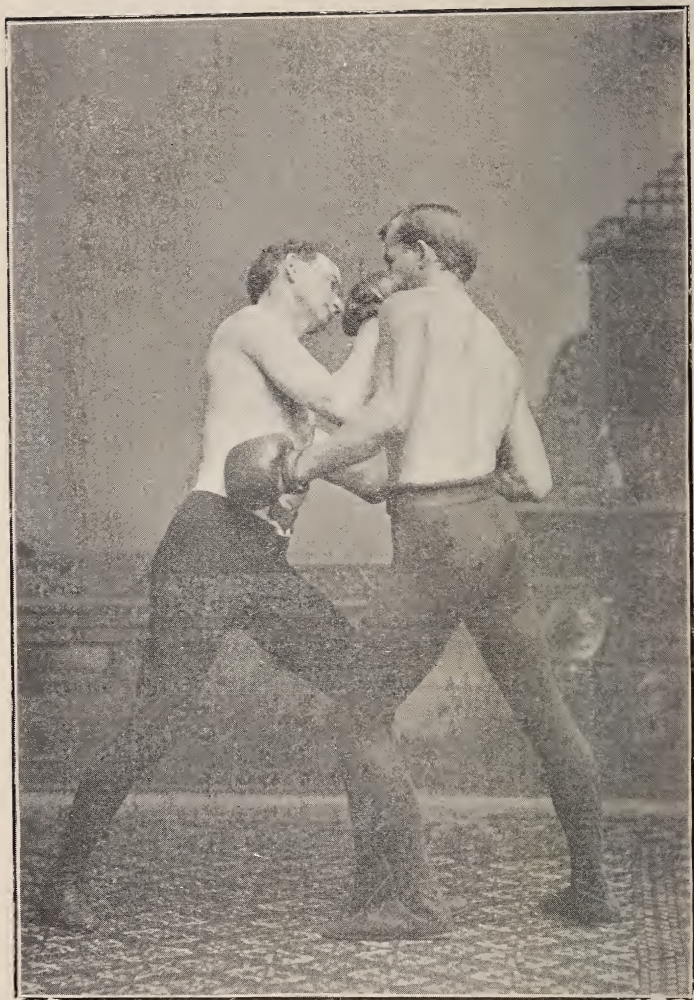
This is an attack where quickness and judgment win, both in landing and guarding. The blow to the head is sufficient to cause your opponent to be more careful, and, at the same time, should he attempt to lead his left the right hand blocking his left can easily be landed on the body by turning slightly to the left and inclining forward with some force. Block his left at the same time left blow is delivered, by extending the right hand, palm turned out.



Blocking left lead for head with left hand open, right hand in position to land on body.

Blocking Left Lead for Head with Left Hand
Open, Right Hand in Position to Land on
Body.

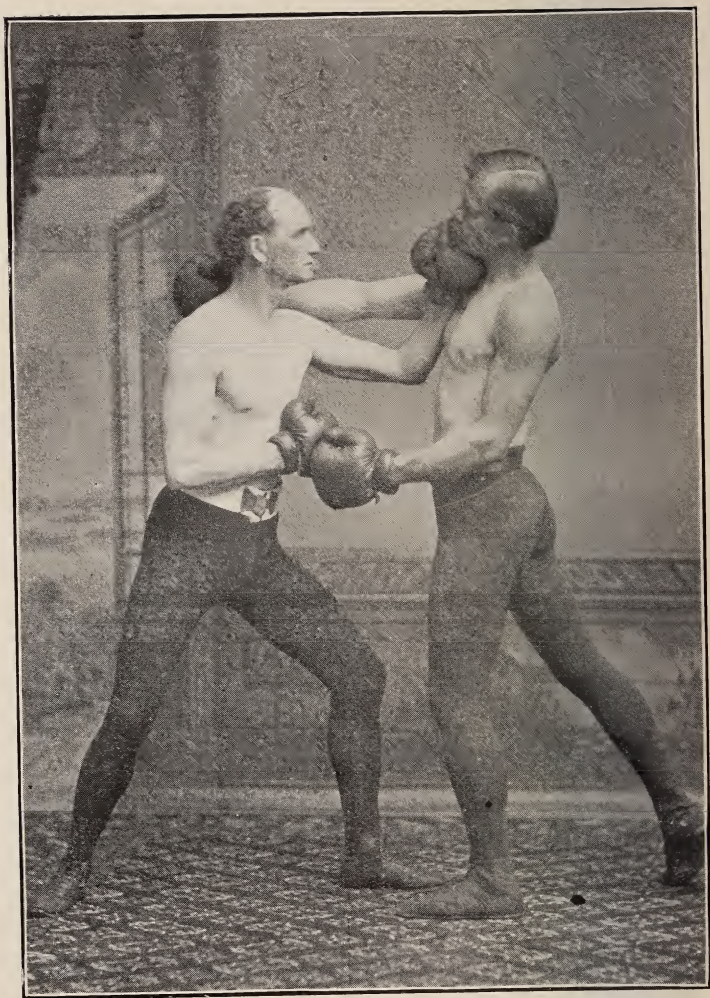
As opponent leads left for head, quickly pass your left over with hand open, striking his wrist or forearm; at the same time press outward on his left and let go the right quickly for the body; just as right starts to land let go the left and bring forearm with palm turned out about a foot from the face, in case his right may be led for the head.



Short right hook to chin by side-step to left, inclining slightly forward, getting inside left guard, blocking right with left hand.

Short Right Hook to Side of Chin by Side-Step to Left, Inclining Slightly Forward, Getting Inside of Left Guard, Blocking Right with Left Hand Open.

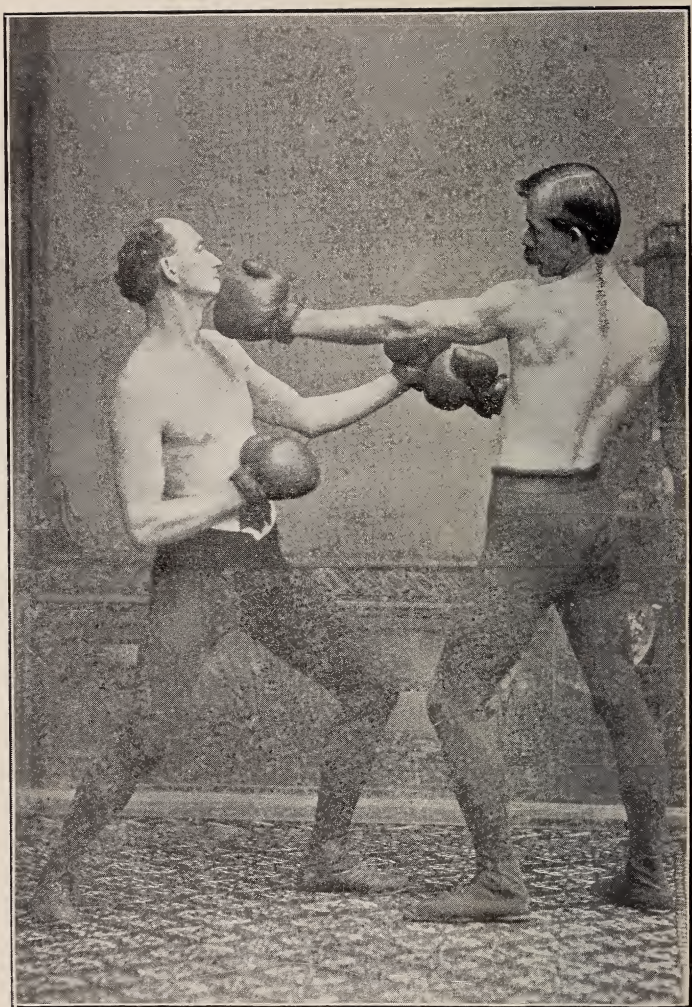
As opponent makes least attempt to lead left or takes the right hand, feint, step quickly to the left, moving only left foot, at the same time incline the body forward, bringing the right hand to side of chin or head, the arm stiff, using the chest and shoulder muscles to swing or land the blow. At the same time block opponent's right hand with left hand, open, pressing against the wrist or glove. To recover draw right hand down to opponent's breast and push back.



Left upper-cut to chin avoiding a right lead for the head, guarding the body with right.

**Left Upper-cut to Chin, Avoiding a Right Lead
for the Head, Guarding the Body with Right.**

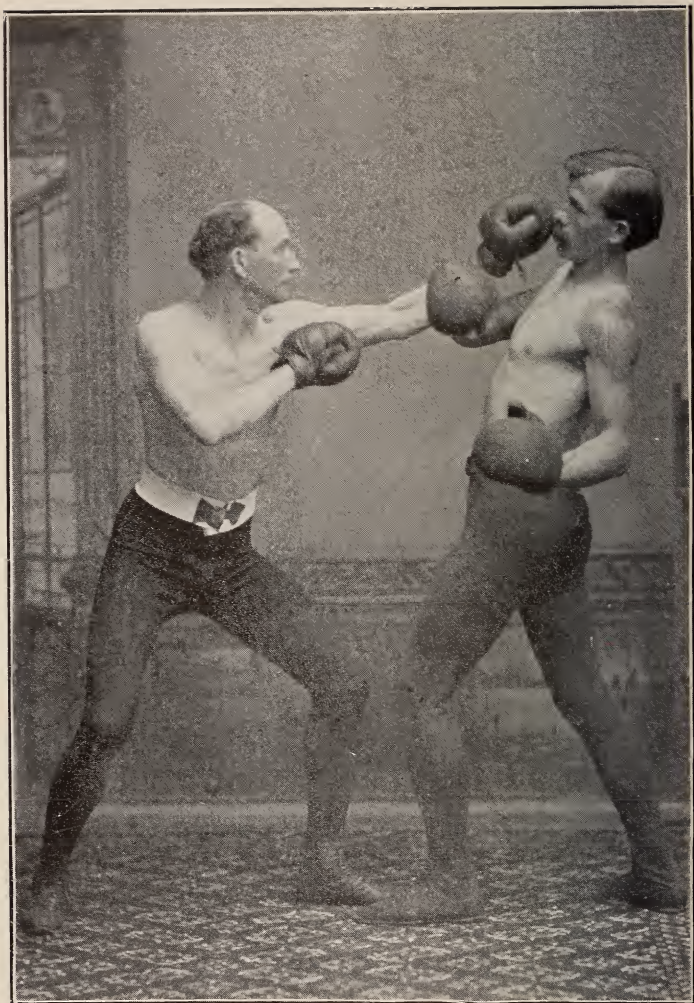
As opponent leads right for head, turn head and shoulder slightly to the left, just enough to allow the blow to glance over the shoulder, at the same time bring the left hand with force up to the chin, palm turned in, keeping the arm in same position as when sparring for an opening (arm bent at elbow), using shoulder muscles, the arm rigid; body need not move, as opponent must incline toward you in order to lead or use the right. With the right arm low, guarding the body, you can easily follow with a right lead and land for the body.



Head and upper body inclined backward from straight left lead for the chin, keeping in position to land before opponent can recover.

Head and Upper Body Inclined Backward from a Straight Left Lead for the Chin, Keeping in Position to Land before Opponent Can Recover.

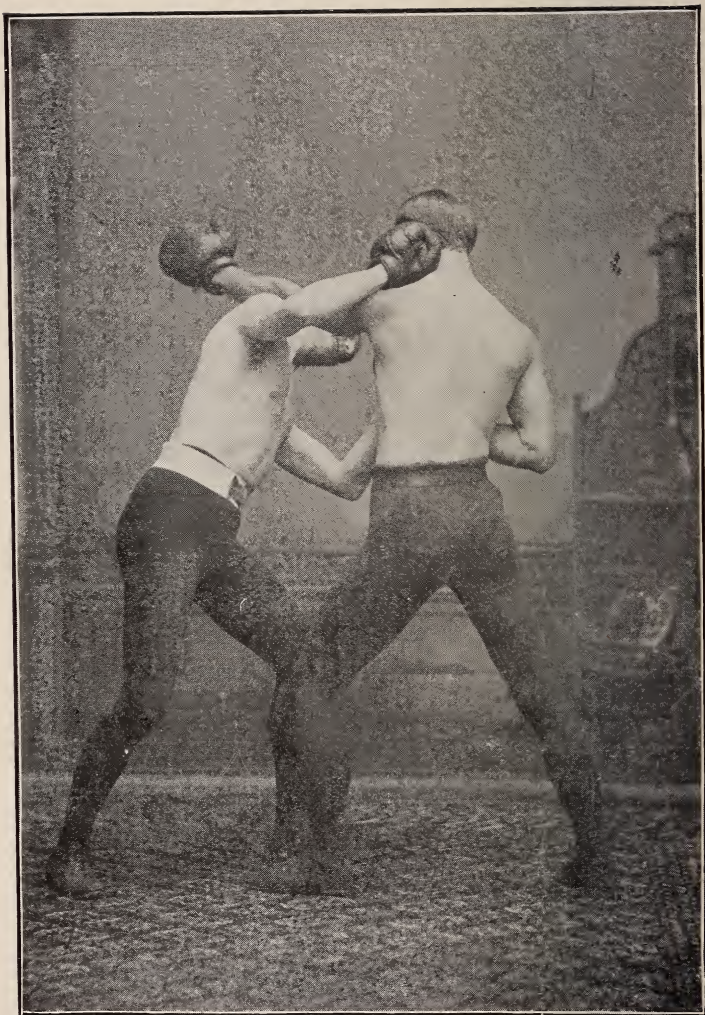
Instead of using the hands or arms to guard all the blows, learn to incline the body quickly from a lead and retain the proper position. As opponent leads for the head or chin, draw the upper body and head quickly back, saving the arms and keeping out of danger and at the same time ready to lead and land before opponent can recover. This requires quickness and judgment of distance and should be practised daily.



Recovering after backward incline with quick left lead for head,

Recovering after Backward Incline with Quick Left Lead for Head.

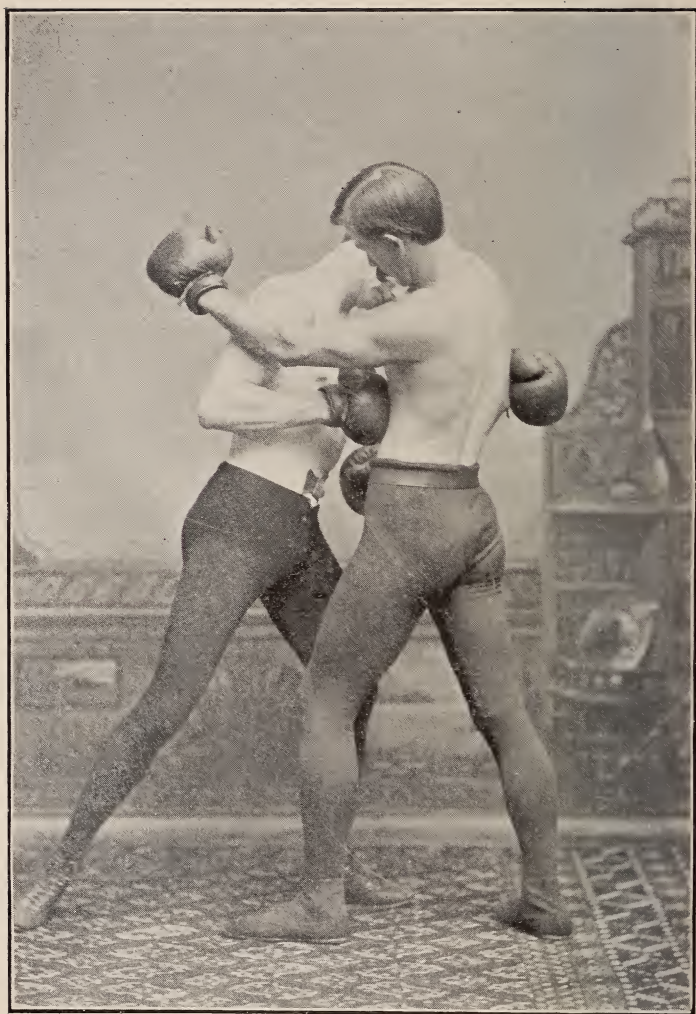
As ^{the}opponent's lead has reached its limit, immediately resume position, leading straight left for the head, inclining the body well forward. Let the blow be directed upward and with force, with right arm across the upper body or chest, ready to block or land right to the body. When left lead is blocked or guarded with right forearm, incline body to left and lead right for the body, using the weight of the body behind the blow.



Right cross-counter to head, blocking right with left hand.

**Right Cross-Counter to Head, Blocking Right
with Left Hand.**

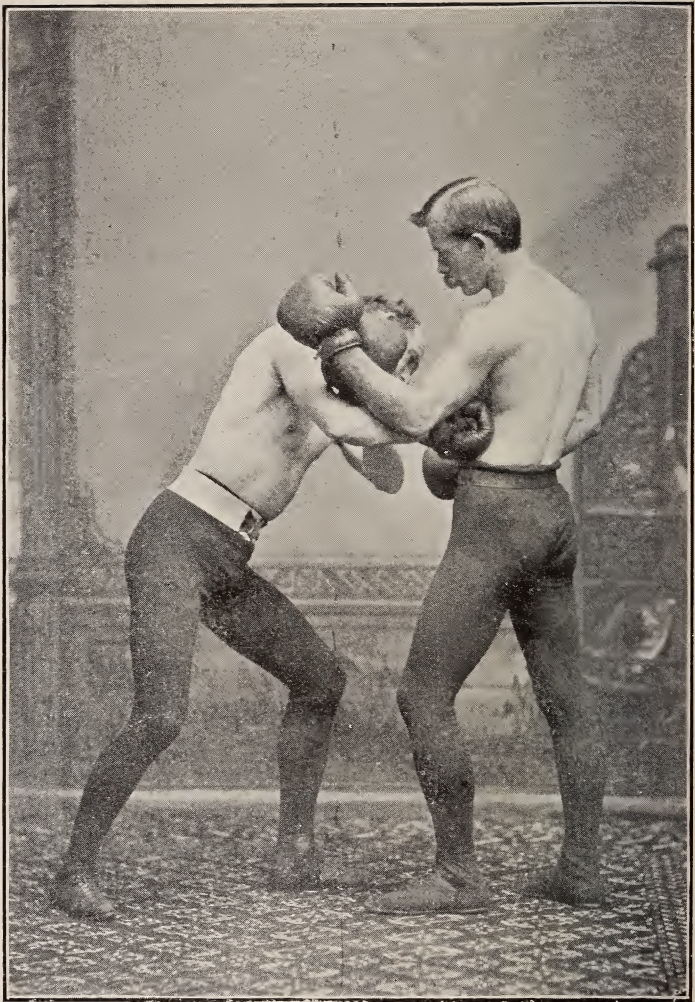
As opponent starts left lead for head, incline body to left, landing right hand with half swing and half straight over his upper arm to side of head. Palm turned down, knuckle part of the glove, landing square on the head. As right blow lands, extend left hand so as to block opponent's right, keeping him from a rush or using his right for an upper-cut.



Right counter to body, slight duck from left lead for the head; left hand and arm passing between opponent's right arm and body.

Right Counter to Body, Slight Duck from Left Lead for the Head; Left Hand and Arms Passing between Opponent's Right Arm and Side.

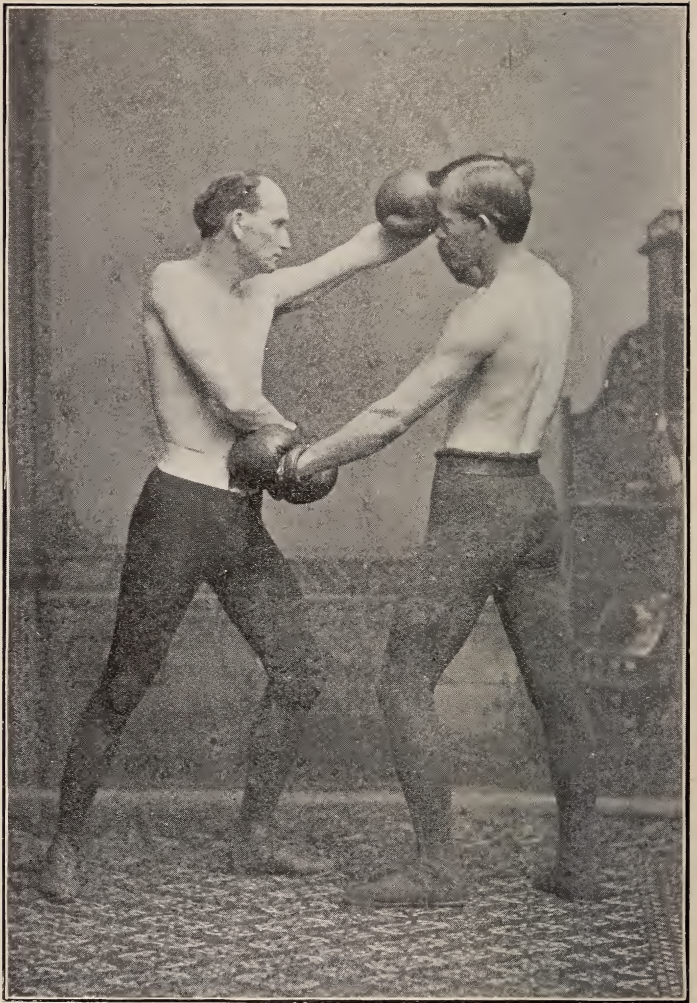
This blow is similar to right cross-counter, only it is lower and lands on the body under the arm. As left is started for the head incline the body to the left, allowing opponent's lead to pass, or glance by; at the same time let go with right for the body, stepping in with the left foot and with left arm slightly extended, force it between opponent's right side and arm, with the elbow bent outward, blocking or preventing his using the right hand.



Blocking left lead for the head with left glove open, leading right to body.

**Blocking Left Lead for the Head with Left
Glove Open, Landing Right to Body.**

This blow is very much the same as right counter to body; instead of side-stepping the body crouches lower, bending the left knee forward, passing the left hand quickly to the right, hand open, grasping opponent's wrist and pressing it upward and outward at the same time; immediately let go with right for the left side of the body, putting your weight against his body.

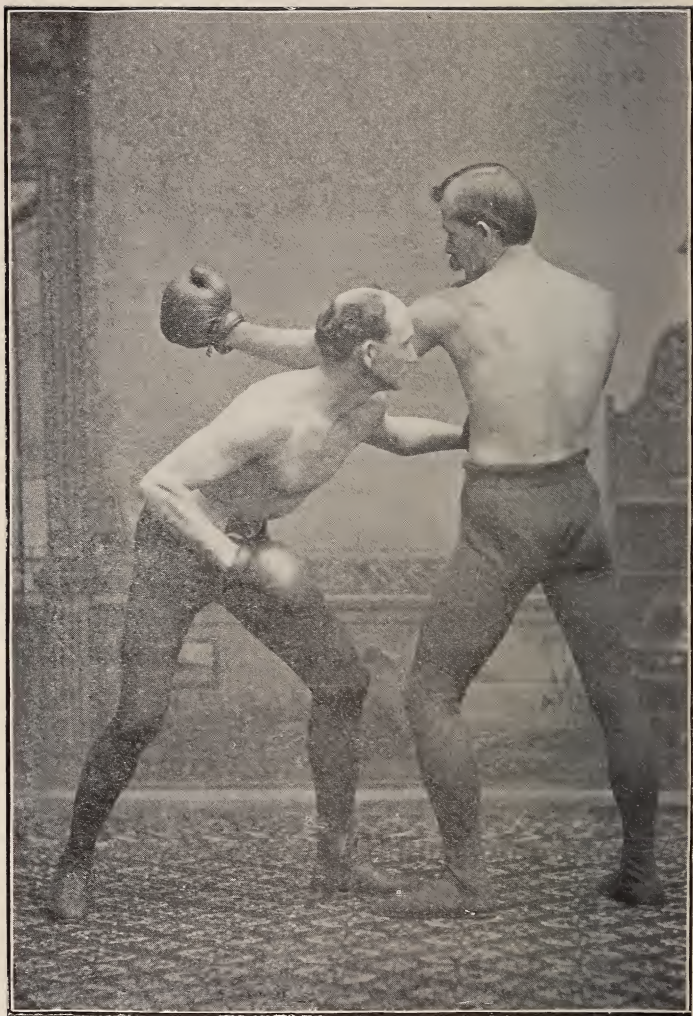


Blocking left lead to body with right, leading left for head being blocked with right.

Blocking Left Lead to Body with Right, Leading Left for Head Being Blocked with Right.

This illustration shows a double lead and guard, or block, by both opponents.

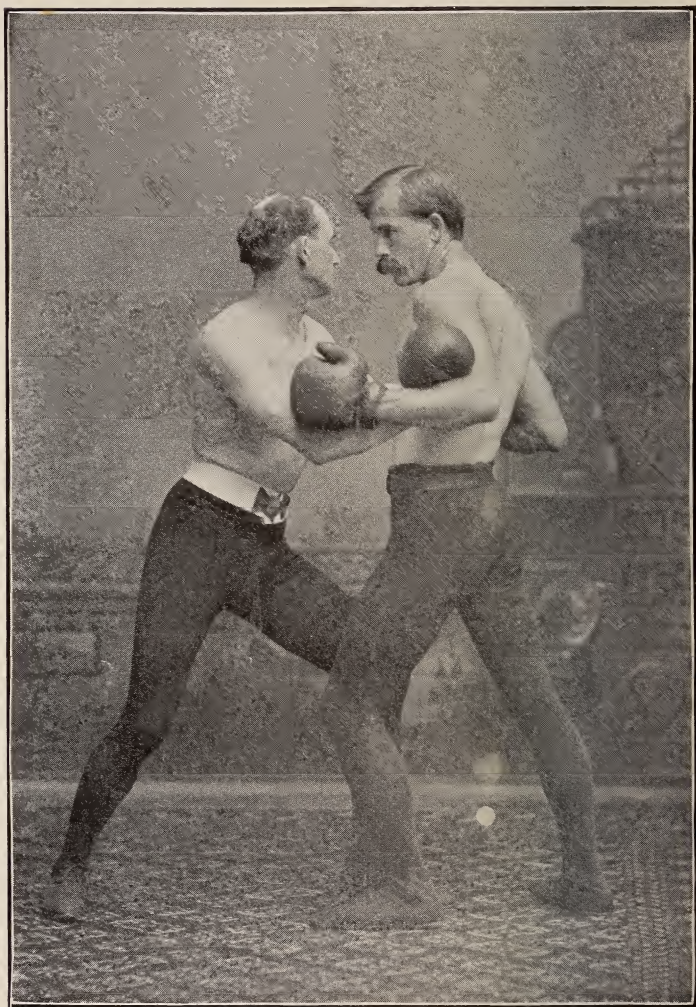
The left hand to face can be landed to the side of body by quick downward thrusts, then short upper-cut by being quick enough to avoid opponent making a short right hook to chin before blow lands on body.



Side-step to right, ducking left lead for the head, landing left swing to body.

**Side-step to Right, Ducking Left Lead for the
Head, Landing Left Swing to Body.**

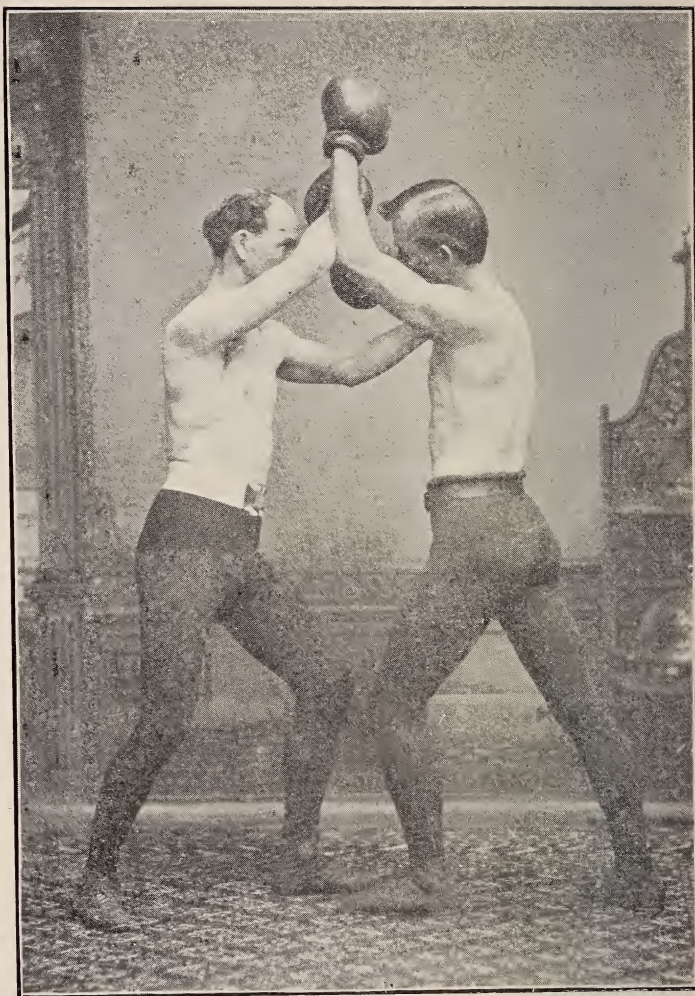
As opponent starts left lead for the head, side-step quickly to the right, using only the right foot, ducking the head well under his left, landing left swing to body; at the same time straighten up and let go the right for side of the head.



Blocking a rush.

Blocking a Rush.

As opponent starts to rush in, swinging wild and apt to clinch, feint with both hands at the same time, with elbows inclined outward, then spring quickly forward, grasping him by the upper arm and with a firm grip force him from you; at the same time relax your hold and let go with right to side of head or chin.

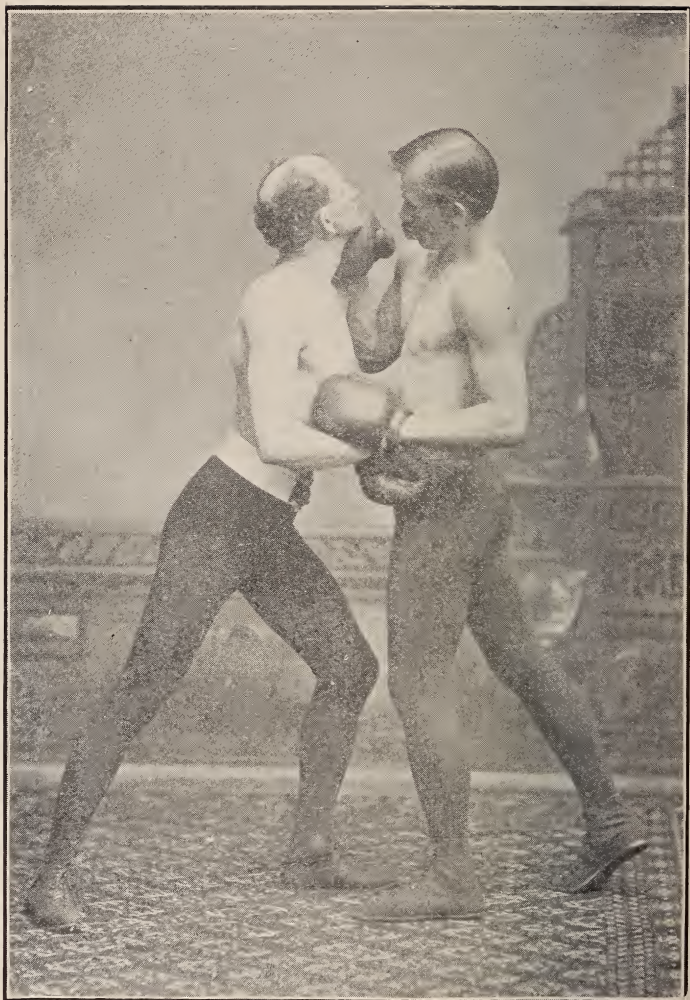


Blocking left lead for head with right forearm, countering on head with short left swing.

Blocking Left Lead for Head with Right Forearm, Countering on Head with Left Short Swing.

As opponent leads left for head, raise right forearm to front of face, palm turned out, so as to catch the hand or wrist on the fleshy part of the arm; do not raise the arm too high, as you may lose sight of his right. Elbow turned a little forward, then let go with left by landing it on chin from proper position left arm is kept in boxing.

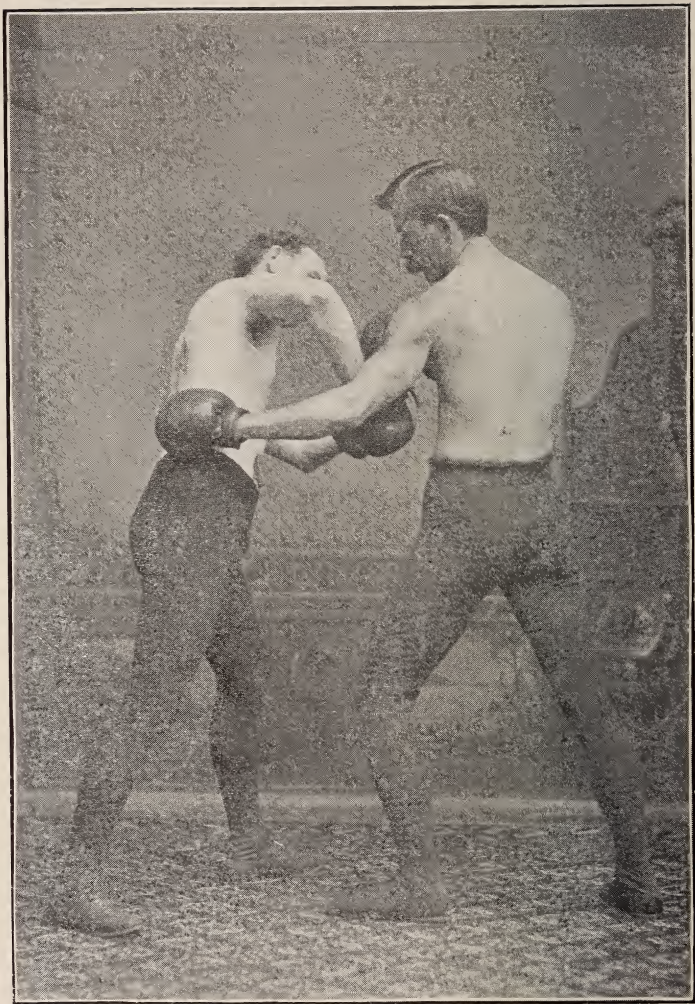
Be careful not to force his left too far, as it will leave an opening for his right in case the left lead to chin should fail to land.



Missing left lead for the head, blocking right body blow with left, landing right upper-cut to chin.

Missing Left Lead for the Head, Blocking
Right Body Blow with Left, Landing Right
Upper-cut to Chin.

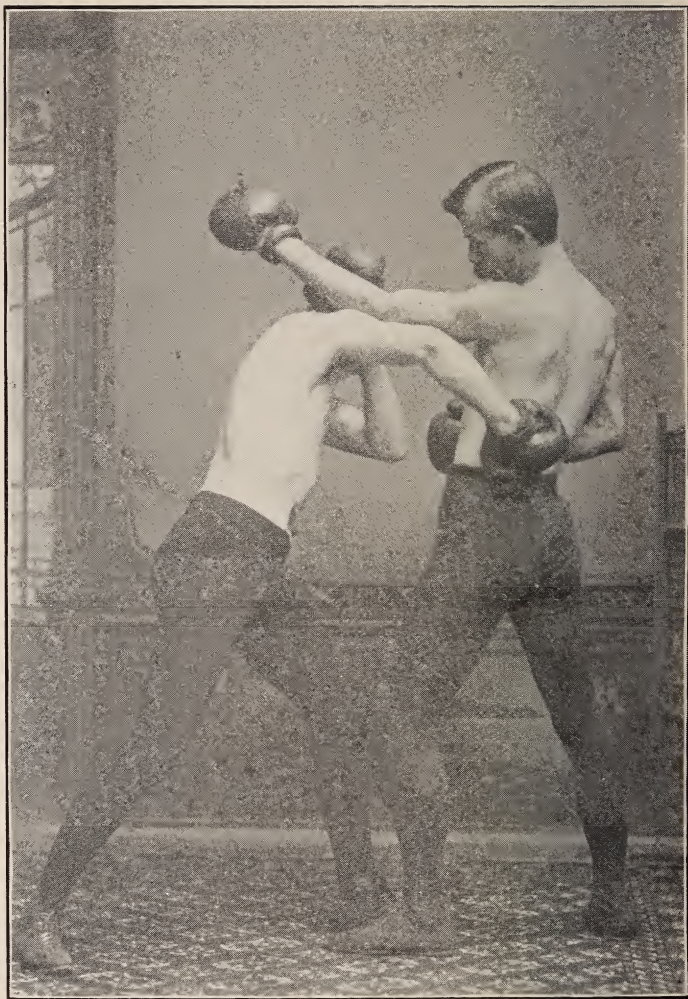
Incline the body slightly to the left as left lead for head is started, raise elbow guarding off the blow, let go with the right by bringing it up to the chin with a swing or otherwise, an upper-cut which is started upward with force from the line of the belt, raising the body to its full length, raising the shoulder. As right lead is started press out and down with left, so as to block right lead for the body.



Landing short left swing to side of body before it can be blocked, right hand stopping a left lead for the body.

Landing Short Left Swing to Side of Body before It Can Be Blocked, Right Hand Stopping a Left Lead for the Body.

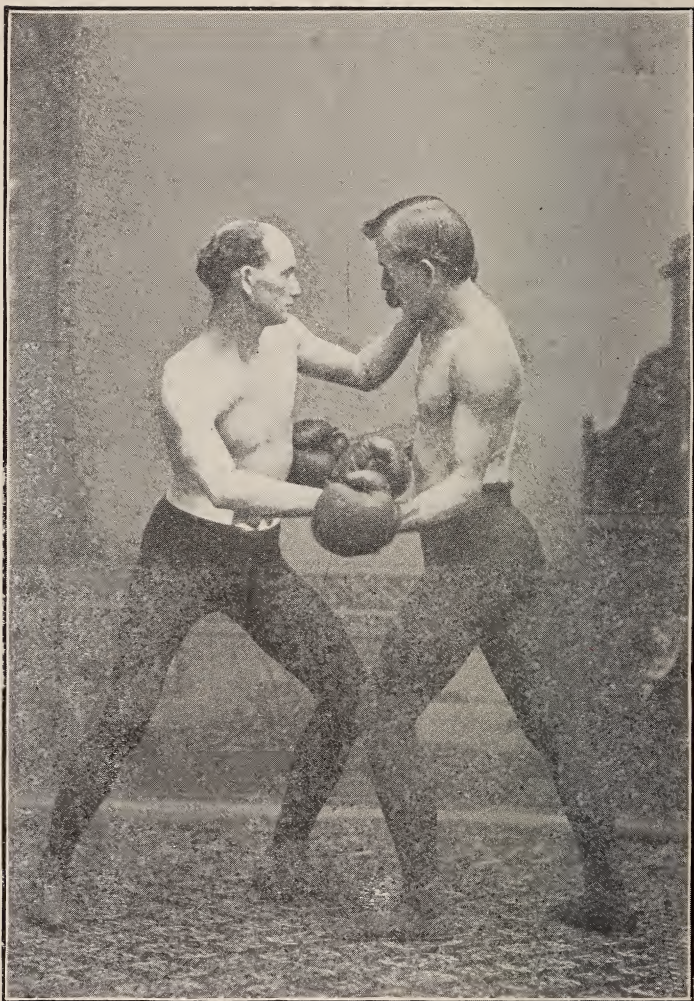
Opponent has made a feint with left shoulder and arm, or made believe he intends to lead for head, drawing right guard high, then let go with short left swing for side of body, landing the blow with but little resistance or defence. Hold right to block left lead for the body.



Ducking a left lead for the head, countering on the kidneys with right.

**Ducking a Left Lead for the Head, Countering
on the Kidneys with Right.**

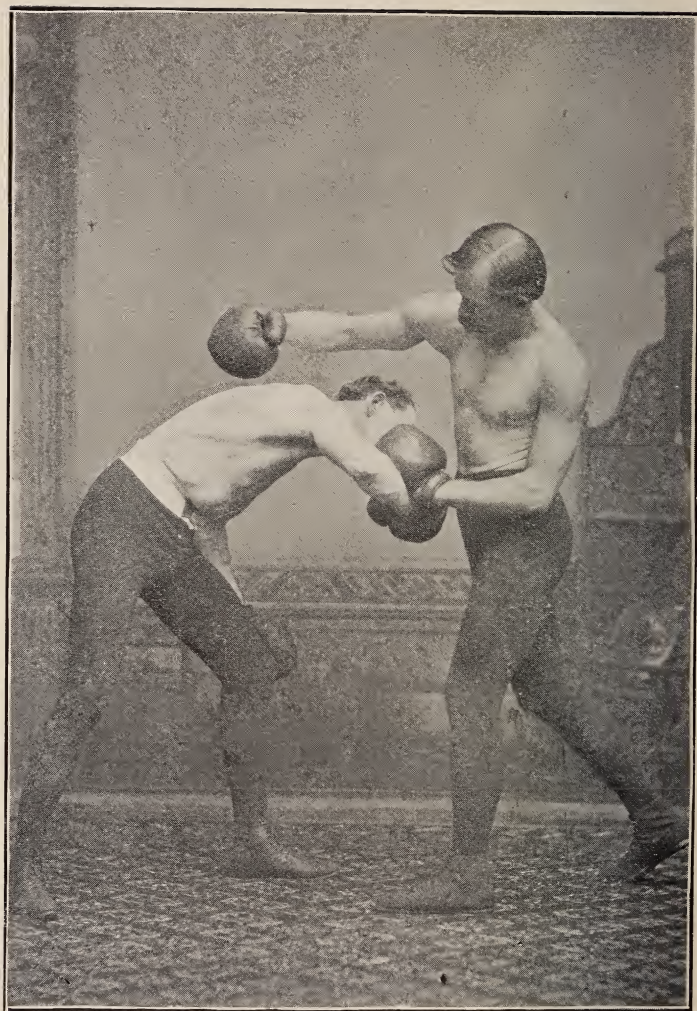
As left lead for head is started, duck to the left, raising left hand high, passing it to the right, hand open; step out with right foot to the right, swinging right to opponent's back, palm turned down; the right hand across the face will protect and guard against a right-hand counter.



Feinting with left to draw right lead for body, allowing it to land or glance by, sending short swing to head with left,

Feinting with Left to Draw Right Lead for Body, Allowing It to Land or Glance By, Sending Short Swing to Head with Left.

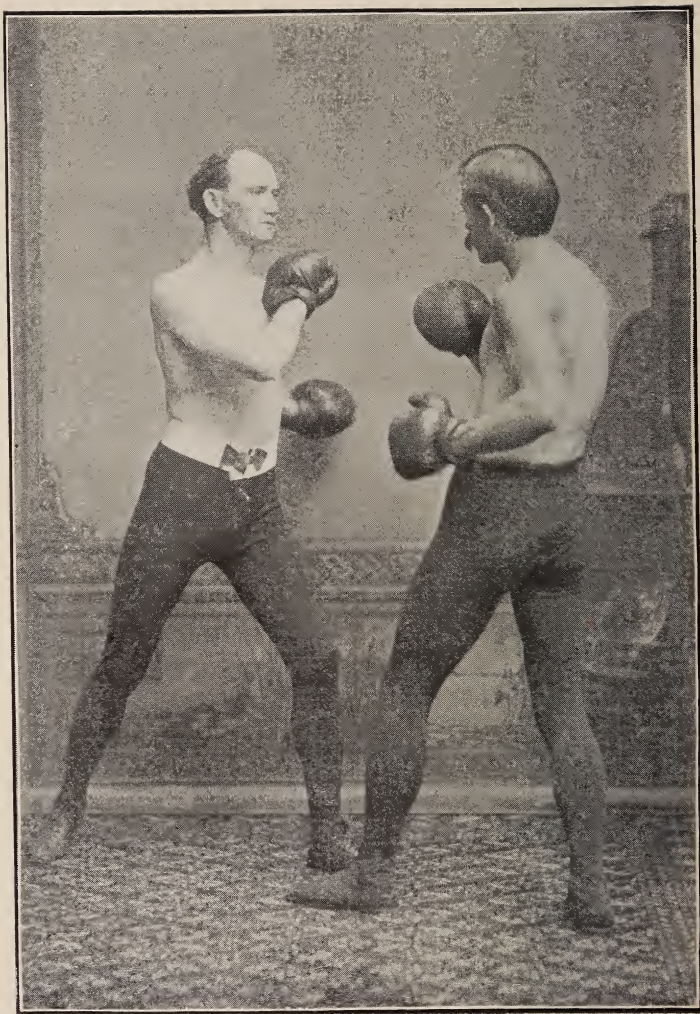
Feint with left or make believe left is to lead for head to draw out right hand lead for the body; as right lead starts, turn the body slightly to the right, causing the blow to glance off, or set the body muscles to take it, then let go with the left for side of the head, swinging the blow upward, using the chest and shoulder muscles to deliver the blow, and with right hand open, palm turned out, block the left, pressing outward.



Ducking right swing for the head, right hand being blocked with left.

**Ducking Right Swing for the Head, Right Hand
Being Blocked with Left.**

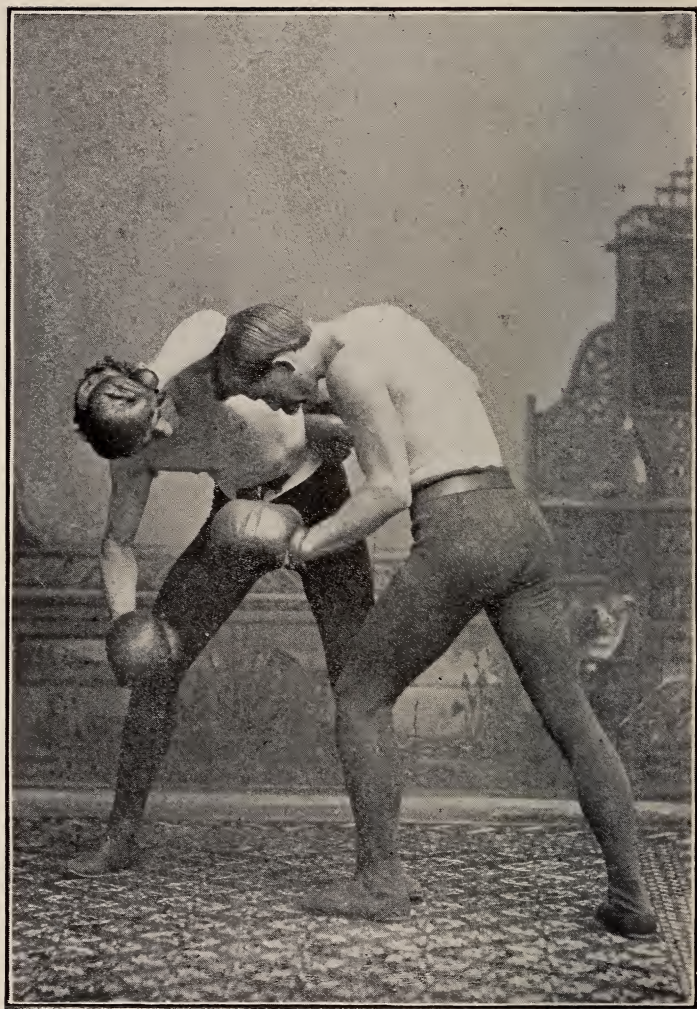
A left lead may land without effect, and in the attempt to land right to body opponent may try a right swing for the head; watch his right, and, if he starts a swing, duck low, allowing the blow to go over the head; as the right is blocked with his left, incline to the left and let go a left swing for side of body.



Starting left swing for the head, guarding and ready to block with right.

Starting Left Swing for the Head, Guarding and Ready to Block with Right.

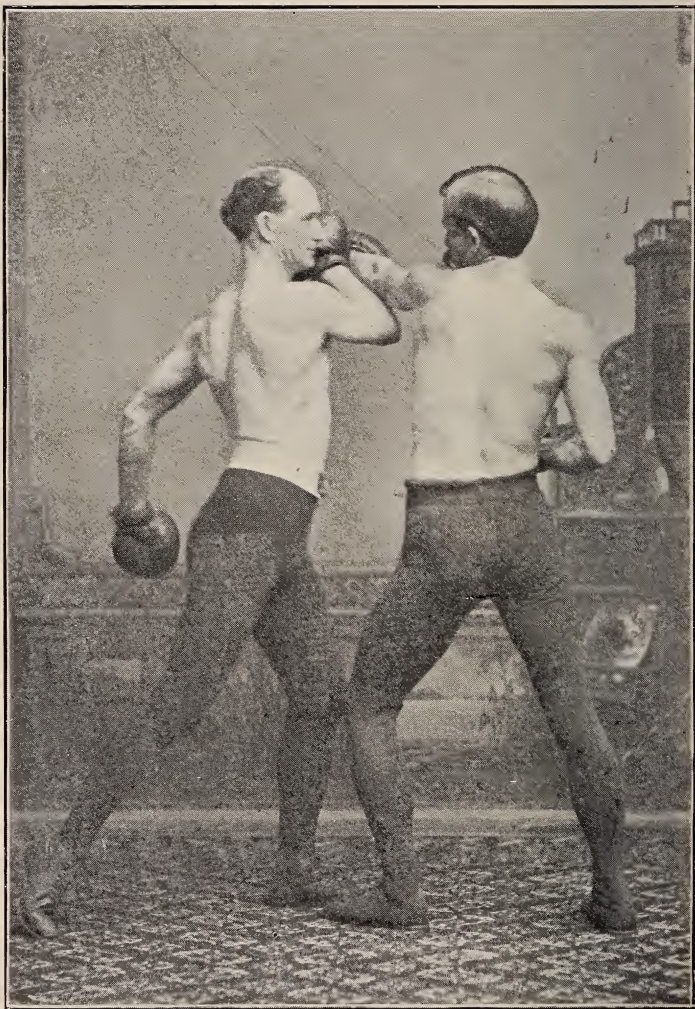
Feint or make believe you are going to lead with a swing by drawing the left back several times in quick succession; at the same time make it appear the right is going to lead for the body, causing opponent to lower his guard both right and left, then go with the left for head quickly with deliberate aim for the lower side of the head. Be very careful not to land on back of head, and clear opponent's elbow, or otherwise you may injure your hand, and by swinging too high the blow may be ducked, giving opponent a chance to deliver his right to body with serious result. But if swing is properly landed it is a most effective blow.



Ducking left swing, landing right to body.

Ducking Left Swing, Landing Right to Body.

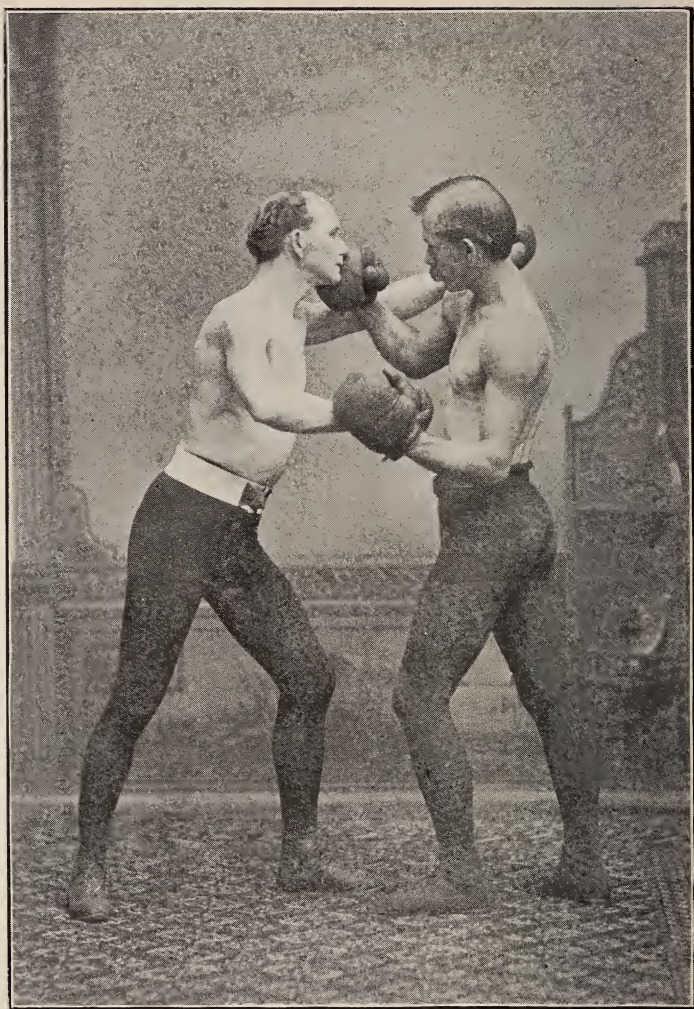
This is the effect of delivering a swing too high where opponent has ducked, allowing the blow to go over his head; at the same time his right lands with force to body, with left in position to land upper-cut to face and recover position without the least danger of receiving a blow.



Blocking left lead to head with right, landing left swing to head.

**Blocking Left Lead to Head with Right, Land-
ing Left Swing to Head.**

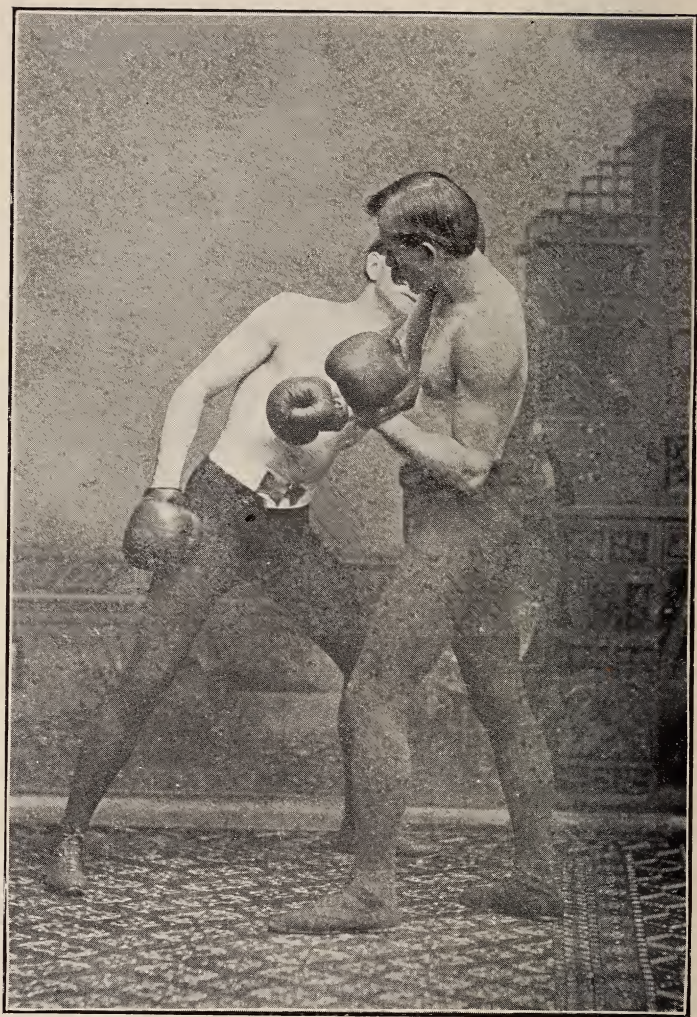
Feint opponent, same as in starting left swing for head. As he makes left lead to head, which is often done to stop feinting, side-step or incline slightly to the right, block his left with right hand open, pressing his hand and arm before you with force, turning him half around, then let go with left swing for the chin and jump back.



Landing short right hook to chin, inside left lead to head, blocking right to body with left.

Land Short Right Hook to Chin, Inside Left
Lead to Head, Blocking Right to Body with
Left.

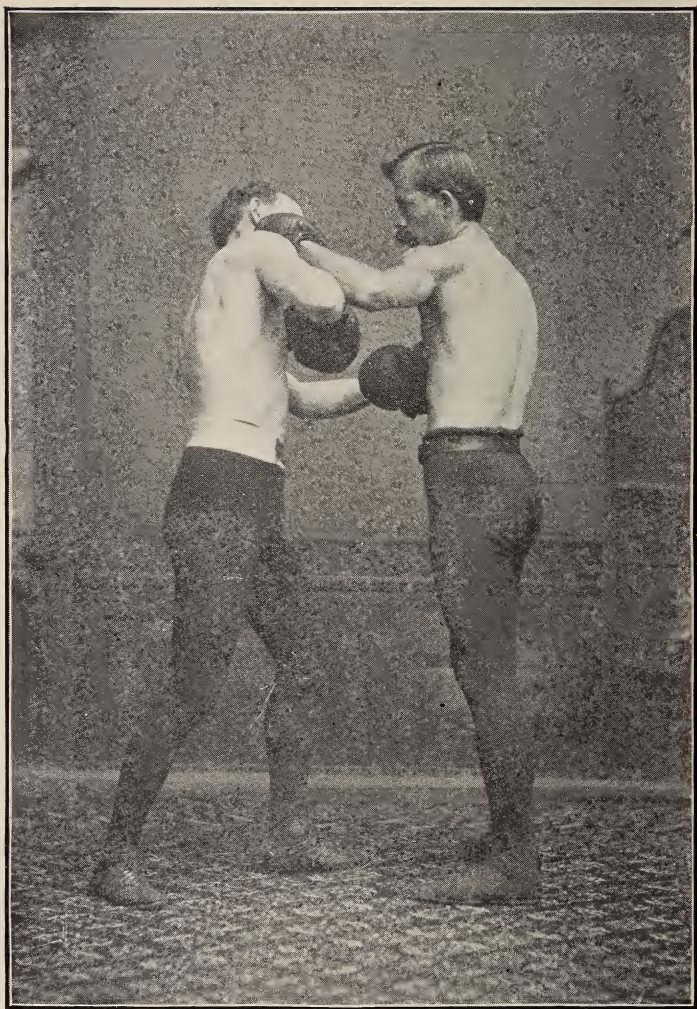
As opponent leads left for head, incline head slightly to the left, raise right shoulder and forearm, so the glove is on line with his chin; as glove passes neck, send right to chin, turning the palm slightly down, blocking his right with left by pressing down, thus landing right and avoiding a blow.



Feinting with left, side-stepping to left, landing left to side of head, right in position to land on body to stop rush or clinch.

Feinting with Left, Side-stepping to Left, Landing Left to Side of Head, Right in Position to Land on Body to Stop Rush or Clinch.

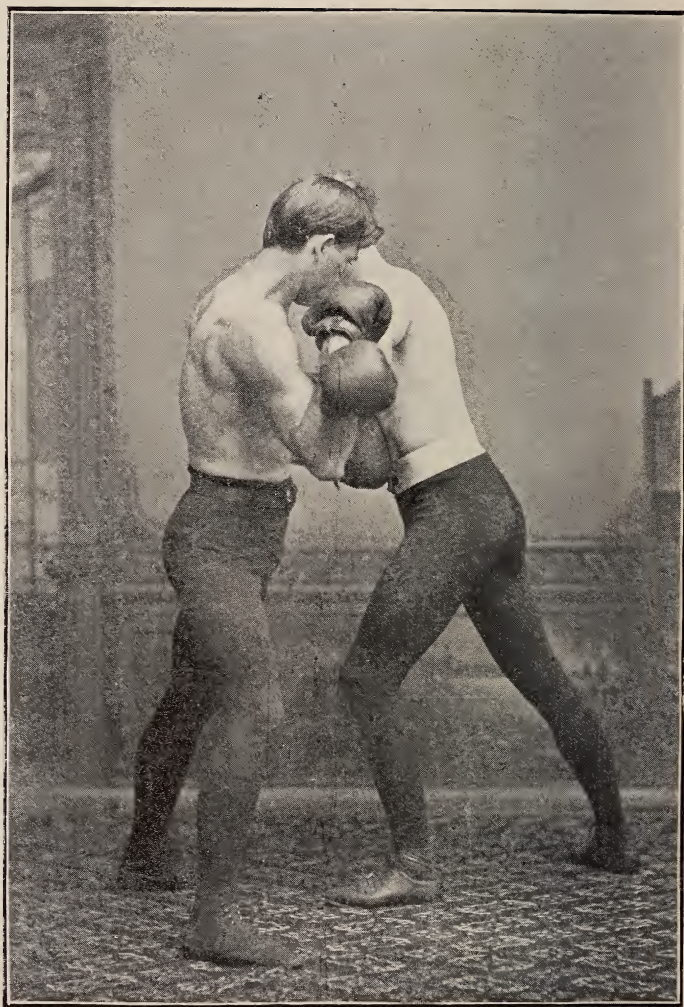
To properly execute this movement requires quickness, skill, and good judgment. Feint and keep well to the right of opponent; make believe you are trying to land your right on body, drawing his guard low and forcing him to use his left to your body, then quickly side-step to left, with left foot first, following with right, inclining the body forward, which brings you well to his side; then let go with left for head, right in position to land on body in case he attempts to rush into a clinch; let go your right any way, as it will land on body between his guard.



Blocking left lead for body with right forearm, stepping in and landing left hook to side of head.

Blocking Left Lead for Body with Right Forearm, Stepping in and Landing Left Hook to Side of Head.

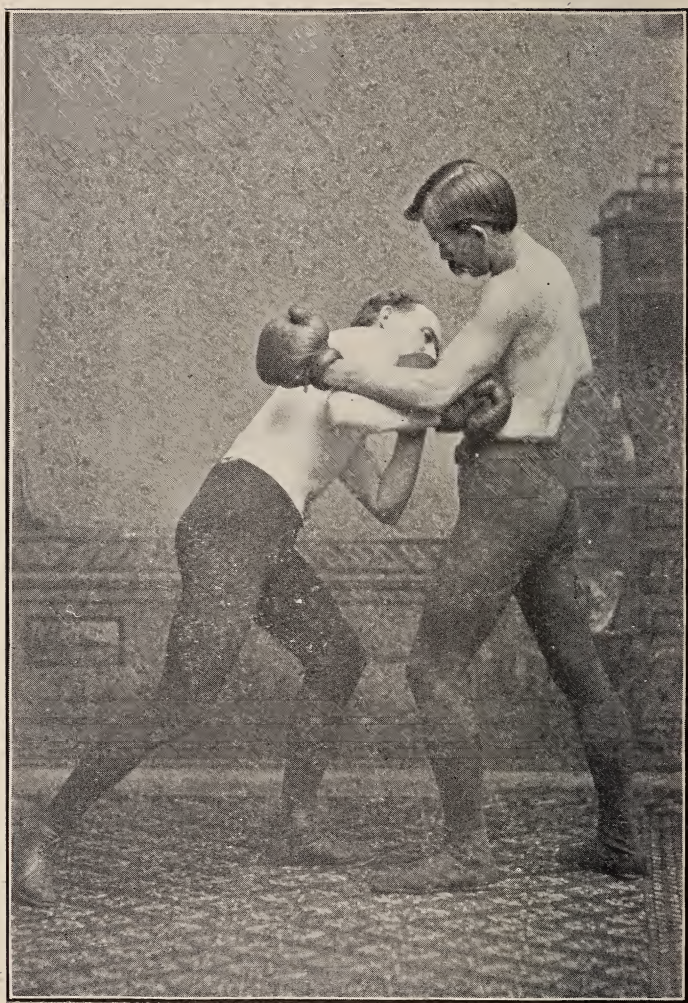
Keep right guard high, making believe right will lead as opponent attempts to lead left to body; quickly lower right guard to body, taking blow on forearm, stepping in or drawing right foot to side of left; land short swing with left to side of head, and immediately spring backward into position.



A double rush, blocking with both arms.

A Double Rush, Blocking Both Arms.

This will often occur both in amateur and professional boxing. It is caused by both trying to avoid body blows; the stronger or quicker has the advantage. As opponent rushes in to clinch, grasp right arm with left hand, forcing it across the left arm and body, the right forearm well up, keeping elbow down, pressing right forearm against his right and forcing him from you. Immediately you feel opponent pressing against your guard try and spring backward and let go with right hand lead for side of head (a short swing is better and more effective), then lead at once the left for the body, landing a straight lead.



Landing right to body with head in danger of a right upper-cut,

**Landing Right to Body with Head in Danger
of a Right Upper-cut.**

Cut No. 12 is almost identical to this illustration.

As opponent takes the feint and starts his right for the body, incline slightly to the left, keeping left arm close to the body, allowing him to land; at the same time let go with right for head, landing short upper-cut.

SOME TRICKS IN BOXING.

Keep your hands in motion, feinting or make believe you are going to deliver a blow. Drop your eyes to your opponent's body, feinting with either hand, making believe you are going to land a blow on the body, but watch his movements by paying attention to what lead he may make. Occasionally turn your head as if looking to one side or over your opponent's shoulder, or glance down at your feet. Let both hands drop to sides of body and look square into your opponent's eyes. Turn your hand or wrist as if something was wrong, extend the left foot well out in front and draw it back slowly, attracting your opponent's attention from the gloves. Draw either hand well back as if you were going to swing or land a swinging blow, but let go with either hand at straight lead.

All of these are tricks practised by professional boxers for misleading or confusing an opponent. He will, nine times out of ten, think something is wrong with you, and relax his guard, giving a clean opening.

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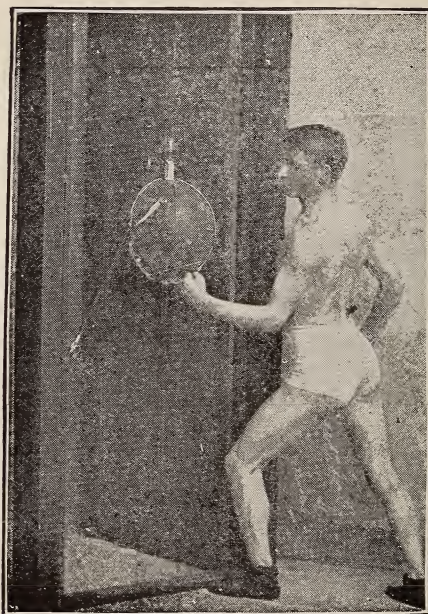
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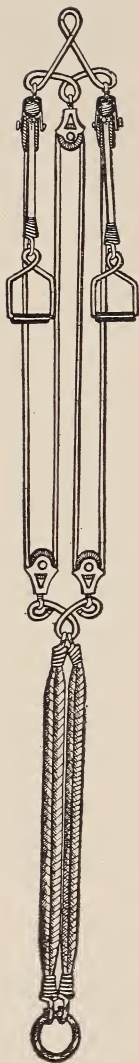
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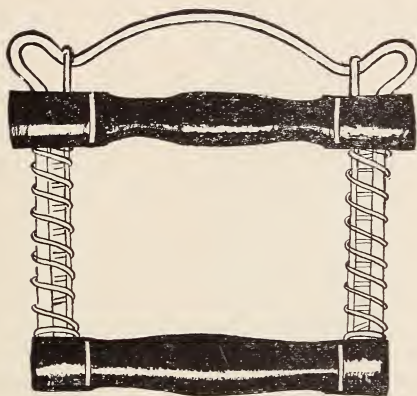
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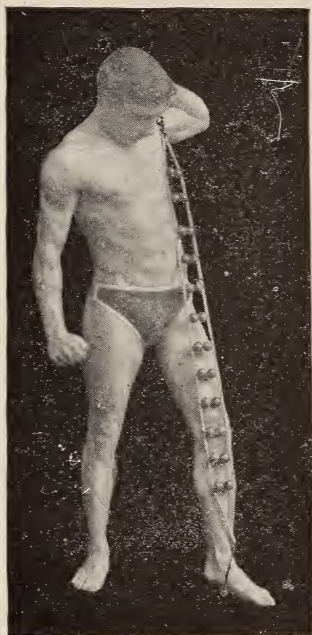
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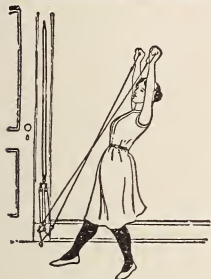
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